

TOWN OF EASTCHESTER

SENIOR CENTER AT LAKE ISLE

NUTRITION

337-0390

May-18

IF YOU HAVE A FOOD
ALLERGY PLEASE
INFORM THE NUTRITION
SITE MANAGER

RESERVATIONS
REQUIRED. MENU
SUBJECT TO CHANGE.

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Roast Turkey, Sweet Potato, Crumb Baked Cauliflower, Pumpkin Pie	Meatloaf, Mashed Potatoes, Peas & Onions, Fresh Fruit	SENIOR CENTER CLOSED	SENIOR CENTER CLOSED
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Stuffed Pepper, Mashed Potatoes, French Style Green Beans, Pineapple Chunks	Stuffed Shells, Broccoli Florets, Tossed Salad w/Chickpeas, Fresh Fruit	Yankee Pot Roast, Au Gratin Potatoes, Mixed Vegetables, Mandarin Orange Segments	Flounder Oreganata, Sweet Baked Potato, Crumb Baked Cauliflower, Fruit Cocktail	SENIOR CENTER CLOSED
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Salisbury Steak, Cauliflower Mash, Peas & Onions, Apple Pie	Baked Salmon, Quinoa & Kale, Wax Beans, Sliced Peaches	Cheese Lasagna, Tossed Salad w/Chickpeas, Broccoli Florets, Fresh Fruit	Roast Chicken BBQ Sauce, Baked Beans, Coleslaw, Pound Cake	Breaded Pork Chop, Baked Sweet Potato, Green Beans, Fresh Fruit
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Baked Chicken Francese, Roasted Potatoes, Mediterranean, Vegetable Blend, Fruit Cocktail	Turkey a la King, Buttered Noodles, Broccoli, Vanilla Pudding w/Whipped Topping	Tilapia, Red Beans & Rice, Latin Green Beans, Apricot Halves	Spinach Quiche, Chickpeas Raisin Couscous, Harvard Beets, Mango Chunks	Spaghetti w/Italian Meatballs, Zucchini, Cake
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
SENIOR CENTER CLOSED HAPPY MEMORIAL DAY	Crispy Baked Chicken Cutlet, Baked Beans, Coleslaw, Peach Pie	SENIOR CENTER CLOSED	Pork Cutlet, Picatta Sauce, Roasted Potatoes, Green Cabbage w/Apples, Fresh Fruit	